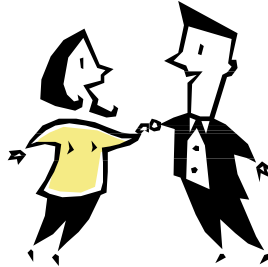


Own Time...

Taking Care of Your Own Needs



Will Help You to Take Care of Your Child's Needs

1. Plan a date with your significant other- you need time for your special relationships.
2. Spend some time alone- private time is important to all of us:
 - ♥ Take a long walk
 - ♥ Relax in a bubble bath
 - ♥ Read a good book
3. Ask for help when you need it.
4. Take care of your body:
 - ✓ Eat right
 - ✓ Exercise
 - ✓ Get plenty of rest
5. Set priorities for the things you feel are most important to you and your family.



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service

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